

STAR OF THE EAST



A New Thought Journal issued monthly for the help of self and others by the practice of systematical concentration of mind; in Unity with the Universal Soul

VOL. II

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NO. I

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THE RELIGIONS OF THE UNIVERSE.

There is not a being or thing in the whole Universe who have not consciously or instinctively a longing to know and look up to something higher than self, and we see that all things are striving towards its superior in its different ways.

Mythology is evidence of this truth hundreds and thousands of years ago, and we find that the people of the old days had their Ideas of the Gods and heavens, which to them gave the consolation they looked for, and we do not find one instance in old mythology where the Gods and Goddesses did not convey to their worshipers the idea that they were higher beings than those who worshiped them.

We see how the Nymphs of water and land were represented as very beautiful and holy beings who had the power over destinies in their hands because of their purity and holiness.

We read the traditions of "Minerva;" how she was born from the Brains of her Father Jupiter, and was therefore the Goddess of Wisdom; remaining unmarried, she possessed great power and exercised a dual duty by serving as the Goddess of War at one and the same time, and always helped her worshipers to 'victory' (says the story), and we see from this and from other accounts that mankind in all ages has had the Idea of greater beings than themselves; and it must be so, as otherwise there would not be the reaching out for more light.

Every race has had its own system of worship, and all of them are original, as there is a desire in all beings, whether they are conscious of it or not.

It is remarkable to see how mankind has been demonstrating this inborn longing for light, and it shows that it is not the name or system of religion, but it is the reaching forward of the soul as the higher, and we find when we investigate that in all ages the greatest teachers have had to become meek as little children in order to reach the plane of greatness which their souls have been striving for.

Religion does not mean to sing and pray, but to live the life by whch we attract the greater powers to us and bring them into action. The greatest religion is to understand self, and live up to the teach-

ings which dictates our deeds from within.

Is there anything greater than to be true to self and act as our conscience commands us? Is there any one greater than he who is true to self and others? Is there any religion greater than that of nature ("God's own handwork"), and does anything speak stronger to our souls than life in its variety of beauty? No, beloved; no. We find that Dogmas have made slaves of men, but we see nothing but freedom and power in the Universal truth of life. None of the great teachers of the past has taught us to be confined to codes and systems, as they are all invented by man, who has covered them with the pretenses that "they are the laws of God," and this is the reason why they do not stand closer investigation, and as they are known to the Priesthood, believers in the Christian code are forbidden to investigate anything which would teach and bring freedom.

Mankind must have full freedom, otherwise it can not live its true life and learn its lessons, but since we are here to work out our "Karma" we must live as the law of evolution demands, or else we cannot learn the lesson which is before us.

Greater instruction will be given to us the more free we become, and nothing must stay in the way of our advancement, and this is the reason why it devolves upon everyone individually to make self free from all that which is in our way; and when we understand religion truly we shall see that it is not meant that we should stay away from the revelations which are given to us from time to time.

Everything inspires truth, and when we take all things in with man in the Universe we will have a much clearer conception of God, as He will become broader and greater in His generosity than we have been led to believe, and as soon as we see this we will have more happiness, because we can better understand the ways and subjects of our coming here. As soon as we can learn that life is **limitless** we will find it greater and we will see ourselves far greater than we have before, and this will make us more anxious to learn what our vocation in life should be. Both **Buddah** and **Jesus** taught the religion of perfect freedom, and all great teachers have done so ever since.

Since we are part of all, how can we be limited to less? Can you not see that the Clergy and individuals amongst them have taken upon themselves "to cut the Universe to pieces," and give of it to each one as their undeveloped mind dictated to them? Is it not the same with "the word of God;" was it not determined by men which portion of the Bible

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should be given to mankind as the word of God? You remember how the books composing the writings of "Godly men" were divided up into parts, and then votes were cast to determine which of the portions should be called "the word of God," and what we call the Bible received the majority of votes and it was adopted as "the holy scriptures," which the Clergy takes today as infallible, and do not see that it contains so many contradictions that if it is read by the literal mind only there will be danger of having such writing in one's possession, because of children reading it and becoming contaminated by it. If one reads the books of the Bible from a spiritual point of view there are grand lessons to be learned, as it contains so many of the illuminated sayings of Jesus and others, which cannot help but inspire the searching mind with longing to reach the plane where one can live the same life as the holy men of that time lived.

The truth of life as it is in its magnitude cannot be found in writings, but only by experience, and it does not make much difference how much we read—if we do not live it it will be of very little (if any) use to us. Life cannot be written in any book, because there would not be a writer in the Universe so skilled that he could picture true life on paper such as it truly is, and this is the reason why our lessons of life cannot be taught us by another, but we must come into its "whirls" and become part of it in its manifold actions, and we can then see that it would be so filled with the varieties of colors that no man could have as great a mind as to paint it with mental pictures vivid enough for our understanding.

There is no religion except practical life, and Universal beings must be taught Universally, and such religion knows of no origin, rules or confinements, but is as broad as the Infinitude itself. Show me a man's life and I will show you his religion.

It is religious to be happy, romp and dance, sing and play; it is religious to take care of the Body in order to keep it young and live long; it is religious to till the ground and use for good what it bears, and enjoy it, because it is part of ourselves; it is religious to have comfort when it does not make us lazy mentally and physically; it is religious to associate with everybody and all things and mingle in the magnetism of its joy and unfoldment, and it is the expression of the most devout religion to love and adore and recognize in all things part of ourselves. As I write these lines I hear a knock on my door, and when it is opened a package is handed to me, and I know from the fragrance it sends forth that it contains fresh flowers, and as I open it the most beautiful roses and lilies meet my glance, and they speak to me in their way of what I have written above. These magnificent roses and dainty lilies, wrapped in finest cotton, by which to be preserved while on their way from their beds in British Columbia—can anything stir my inner devotion to greater expressions than these? Can I think of God in any more beautiful way than by singing, speaking to, and meditating in the presence of "Flora"? No; there is no God like nature's God, and there is no heaven greater than the heaven which we can have here by living in our higher selves and recognizing the Divinity of all things.

This is our religion, the religion we call Universal, the religion which Jesus and Buddah taught, where

all men are equal, and things are as Divinity made them, and this is the teaching which the Star of the East is advocating, for which it has been working for one year, and with this message it has paved the way to higher understanding for many souls who have been held in darkness and confinement by such religion as men of the world have been teaching. In the year of 1894 it was told us by the Brothers "that this paper should be issued when time and people were ready," and we have waited all these years patiently for it to come, and last year we received the command to issue it, and it has been doing a wonderful work for those whom it has reached, and it is with unbounded joy that we celebrate its first anniversary, and as we commence the second volume we enlarge it, which shows the increase of the interest it has created among the seekers of truth.

All the years we have been waiting the work has been going on and the message has been delivered all over this country and in other localities, and we realize that the great work for the liberation of mankind has just begun.

As the "**Universal Assembly of Brothers**" teach that man is equal and that he is subject to the law of evolution, and not to Gods, or men.

We wish to have the co-operation of every hungry soul, as we will be fed by the "**bread of life**" when we act in Unity in accordance with the dictates of our higher selves.

As soon as man understands that he is not limited to so much, or so little, but that all belongs to him, then we will see greater demonstration of the Divinity within and around us.

Let all seekers be with us in the search for truth, and let us be a mighty power for good, which sends forth life and light on all pathways to the lonely wanderers who do not understand that they are not alone, but have the Hosts watching over them wherever they are.

Our "**mystic chain**" must be a chain bejeweled with all the precious stones cut out of the rock of human experiences, which will shine and send its radiance through space to souls which are in darkness, until they have found the way to greater happiness and peace than they have now.

With this desire of our innermost soul we send out the "**Star**" on its second year, and we know that all shall find light in its rays who will truly accept the full truth without limitation, and it shall lead the "**wise men to the Bethlehem**" where **understanding, joy and peace** will be found. Go thou forth, oh, "**star**," on the morning sky, and pave the way for the rising of the sun of a sweeter day, when thy light shall radiate the path for the wanderer in the "**desert of earth**" and guide him to the rendezvous which his soul desires.

We hail thee, thou **star** of truth who lights the sky at midnight, when mankind does not know that the time is nigh when it must find its own way to peace and glory. We welcome thee, thou messenger of Angels, who comes to us in the quiet hours and whispers hope and comfort to our souls. Go thou with peace, and man shall find thee and rejoice.

LESSON.

Whatever you wish to accomplish, call upon your own soul to demonstrate it through your body; hold your thoughts on yourself and do not send it to anyone else for help, but know and understand that

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you are in your own kingdom, and what you desire you will find in yourself; call upon the spirit of yourself to show you the way and you will find wonderful power.

When you ask full restoration to health call upon your own soul to quicken the life power which lies dormant within you in every part and portion of your body, and do not give up, but rise in the power of your higher self and send your thoughts to a higher plane and you will find strength. When you wish to develop gifts which are already within, call upon your soul to demonstrate them through your body, and you will soon see them come forth. Do not forget that you must not overfeed your stomach, as that will affect the mind and hinder its demonstration in all things; do not eat things which hold you in the lower plane, as then your body will become such that the soul cannot express its power through it. Do not take part in disputes or anger, as then you will draw the very lowest vibrations to you, such as will bring sickness and all kinds of darkness and woe. Be sure and forgive everybody and be sure and recognize your soul power before you retire at night, so that the lower entities have no power to come and draw your power away while you sleep, for we know that such as the thoughts have been during the day such will be the surroundings while the body is negative in sleep.

CONCENTRATION.

In the morning before taking up our work we will cleanse our minds from all thoughts which are not of the higher, and also hands, face, feet, chest and neck; we sit down or stand up as we best like, and we hold our minds for a few seconds on our own souls, and it is good to burn some incense if we are alone; if not, we will have to do the best we can, as it is not best that others see us burning these things, as they will not understand it; we close our eyes, and turn our thoughts within us; hold it on your **HEART, SOLAR PLEXUS or BACK OF THE HEAD**; think of yourself as a higher being, finer than the body, and ask it to bring out its higher power through the body.

WORDS FOR THE MORNING—Oh, thou my soul, part and life of God in the Universe, thou who owns and uses this body, demonstrate thy life from within through these physical senses and express them through the outer functions. **EVENING**—Oh, my soul, demonstrate thy peace through this body.

Breathings must be very slow and deep; morning, 7 o'clock; evening, 9 to 11 o'clock.

This lesson lasts from July 7 to August 7.

REPORT OF "A VISIT TO THE PATRIARCH." By "Alba Odegaard."

For some time I have been so hard at work, traveling from one Nation to the other, that I have not had time to communicate with my American and Canadian readers, on paper, but as it is the Anniversary of the first year's mission of the **Star of the East**, I must write (or cause to be written) a few lines of my visit to the Patriarch.

As some of you know, soul is not confined to matter in one condition, but it can be everywhere, and as well in the lower as in the higher, when it has reached the plane where the lower has no power over it; and it belongs to my mission and that of other

souls to go wherever the most good can be done. I had the privilege of visiting the Patriarch in the temple not long ago and a special greeting was given to all seekers for light. A special time for our visit was set before sunrise; while the greatest harmony prevailed, myself and our guide took the journey to the temple upon invitation; I knew that wonderful things were in store for me and others in being chosen to have an interview with such a soul, so pure, so Illuminated; and while far away from the temple we could see the rays of the Auric colors rise towards heaven in its manifold, delicate tints.

These were the **rays of music**, as well as of the higher expressions of consciousness, and my soul was taken stronger and stronger into it, and I saw beings upon entering the outer portals of the temple take transparent forms, lifting themselves towards heaven, and others descending through the beautiful Dome of cut glass, and as I entered the inner vestibule there appeared thousands of colors, which became life and support to us as they met our gaze. These hues came from the vibrations of different thoughts and aspirations, and it was not only colors, but it was the matter which these **pure and holy thoughts** had set in motion, from which were built bodies through which **power and life** are given to the weak. As I met the **Patriarch**, arrayed in his robes, the light from all the twelve signs of the Zodiac surrounded him, and as he spoke to me his voice was like gentle music, sending forth life with every vibration.

While there was gentleness in his voice, there were also the fire of Divine love and wonderful cordiality in his greeting.

Holding out his hands towards me, he smiled as his lips moved, and he said, "Come nigh unto me, my beloved, and let the **life and light from my being** fill thee with **power and wisdom** that thou may in turn give it unto others. Give my greetings to the beloved, and tell them that now is the time when man must be glorified in his **own light**; now is the time when the internal power must come forth, that it may become known to man that he is the **highest being** in whom the power of God is to be manifested. The period of the now, is the beginning of the time when heaven and earth in conjunction shall testify to posterity that man is not an orphan, left alone to struggle on the lower earthplane, but he is surrounded by hosts of souls, whose life and its vibrations throughout the Universe must be felt more and more, until mankind sees its greater mission and its purposes. The message which the **Star of the East** brings will become more and more illuminated as we send our innermost power for the strength and upliftment of its readers.

The **Meditation room** will become more and more the true temple where soul communes with soul, and wisdom and inspiration will be given there to every true seeker. The **concentration hour** in which all souls unite for mutual help will become the **time of golden**, when greater help than ever shall come to those who try to live as the law of unfoldment dictates.

The **subjects** upon which all concentrate will become illuminated by the light of God until they become like the vibrations of the "holy fire," whose Power reaches everyone from the altar.

The "**Chain**" will become Illuminated by the rays of the power from the inner man until every link

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has lost the shades which it had from the lower matter. **True missionaries** who give up everything for the privilege of helping humanity to light will become stronger and stronger, until the words which fall from their lips will penetrate every lower condition, and their knowledge will become so great as a result of their sincerity, that they will become **masters** while in the earthform.

Peace with thee! Fare thee well! "During the time he spoke he became transfigured until he looked to me like an Angel. As the reflection of the light of heaven was shining in his face, the Temple had become open on every side and Hosts of Angels hovered back and forth while he was speaking. I was in the soul, not handicapped by matter of earth, and I understood every word, and deliver to you, the readers of the Star of the East, as well as all seekers, the message of the Patriarch, and I ask that all of you will seek more earnestly than before to rise out of the confinement of the lower earth, and then you will see the dawn of the glorious day of full freedom. Peace be with thee."

ALBA ODEGAARD.

QUESTION BOX.

Q. Mme. Editor, the Star of the East, please tell me through your paper, where did everything we see come from? **Seeker.**

A. Everything we see has sprung from that which we do not see with our physical eyes, but which is real all the same.

Q. What is the best Diet to adopt while one is studying for development? **Student.**

A. Raw food is the best; all kinds of vegetables, with good Olive oil, as little potatoes as possible, fruits and nuts, and for drinks, sour milk and buttermilk. Meat is at all times unfit for food, as it holds one in the brutal vibrations, and is against the humanitarian principle.

Q. Where is the mental plane? **Adolph.**

A. The mental plane is where the mind is master over all lower conditions. Much can be said on that subject, but our space is limited.

Q. Have the Angels been on earth before like ourselves? **Pilgrim.**

A. Yes, they have been human like ourselves, but have overcome all human weaknesses, and this is the reason why they can serve and help the weak.

Q. Has God been man? **Alice.**

A. We could not answer the question from a human standpoint unless we look upon God as a human who has developed the highest faculties possible, and has thus become Master; if you look at God in that light then we will answer, yes, as God is in man and man in God by the latent Divinity in all mankind and things. We look upon the word God as the power behind all actions, visible and invisible.

Q. What is meant by the mental body? **G.**

A. By mental body is meant the matter which surrounds thoughts on a higher plane than the physical.

Q. Where did our race originate? **Stella.**

A. The White race are the "Aryans," to which we belong, and had its home and first activity in Asia, from whence it emigrated to all parts of the world.

Q. Why has God allowed races to perish during the past ages? **Thinker.**

A. I do not think that God has anything to do

with many things we blame Him for. History tells us that the races which have perished were the lowest, such as lived in the stone age, and the bronze and metal age; that they were barbarians, whose mental faculties were so dormant that they could not become unfolded at that time.

Q. Have the Gods in mythology been people? **Ernest.**

A. There is no doubt but what there have been people who have inspired the great and wonderful Ideas which we find in mythology, although the extremes of the believers in these Gods show that their minds at that time were void of reason and judgment as to the capacity of power which their Gods possessed. That the worshippers of these Gods had people in their minds when they worshipped seems very possible, but they held them far higher than themselves.

Q. Is it true that the souls are dormant for a certain period after they have passed from the physical? **Lou.**

A. It depends upon the development the soul had before it left the body; all souls are active in a way at all times, but not consciously.

Q. Who are the greatest fools in the world? **John.**

A. Those who ridicule others.

ANNOUNCEMENT.

The School supplement of the Star of the East cannot be published before I leave for the North (the 22nd inst.) Because of the slowness of our members to send in their names, we are receiving subscriptions daily, but they come so late that we will not be able to have it published until September. We have asked our readers to send in their subscriptions in time, but they have failed to do so. I will return from Nome the first week in September, at which time we will have the supplement published. We would advise old subscribers of the Star to renew their subscriptions as soon as possible, and receive the beautiful picture which will be given to all who renew their subscriptions. The box number of the Star is always the same and mail will be forwarded to us wherever we are.

Please do not forget to give us your right address, as we often have trouble with the sending of the paper to people who are careless in this way.

EDITOR.

ANNOUNCEMENTS.

Books of the Masterthought Library.

One course of Illustrated lessons in the Hindoo system of breathings, bound in cloth, single copies, \$5. One course of seven lessons in suggestion and concentration, single copies, \$2.50. Both courses together, \$6.50. "A Soul's Travel Among the Flowers," a most remarkable account of the experience of the soul while absent from the body for ten days, bound in cloth and stamped in gold, a beautiful present to your friends. It contains 215 pages.

PAMPHLETS, "A SOUL'S TRIUMPH OVER DEATH" and "A KEY TO THE HIGHER LIFE," for sale now. "A KEY TO NATURE'S TEMPLE," will be sold to ordained members only. Write to the Star of the East for particulars.